

West Virginia

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

<http://www.wvdhhr.org/bph/promot.htm>

The Epidemic

64% of West Virginia adults are obese or overweight.
(CDC BRFSS, 2002)

29% of West Virginia high school students are
overweight or at risk of becoming overweight.
(CDC YRBSS, 2003)

26% of low-income children between 2 and 5 years of
age in West Virginia are overweight or at risk of
becoming overweight. (CDC PedNSS, 2002)

The obesity rate among West Virginia adults increased
by 83% from 1990 to 2002. (CDC BRFSS, 1990, 2002)

Recent Accomplishments and Products

- Established the West Virginia Physical Activity/
Nutrition/Tobacco Steering Committee.
- Formed the WV Nutrition Network to address
gaps in nutrition and physical activity efforts.
- Developed an inventory tool to assess existing
obesity prevention efforts and identify gaps.
- Held a "Trails to Wellness" Conference focused
on developing "walkable community" efforts.
- Awarded three mini-grants and one subcontract for
physical activity and nutrition activities.

New Partners

Cabin Creek Health Center
Ebenezer Medical Outreach
National Governors' Association
Partners in Corporate Health

Partnership of African American Churches
Vision Shared

W.V. Bureau for Public Health-Chronic Disease Progs.

West Virginia CARDIAC Project

West Virginia Hospitality & Travel Association

West Virginia Office of Child Nutrition

West Virginia on the Move

West Virginia PTA

West Virginia Trails Coalition

West Virginia University Extension Services

West Virginia University Medical School

West Virginia University Prevention Research Center

Wood County Schools

Program Priorities

The West Virginia Physical Activity/
Nutrition/ Tobacco Steering Committee is
working to develop a comprehensive plan for
obesity prevention. The planning process will
include the strategy of working through the
Regional Health Promotion Specialist Network
to obtain local- and state-level input. Based on
information collected on existing efforts, the
Steering Committee believes that, for
maximum impact, the plan should address the
state population at large and focus on the youth
population.

The majority of existing statewide physical
activity and nutrition efforts focus on change at
the personal level. Therefore, the physical
activity and nutrition plan will have a strong
focus on policy and environmental change to
support these existing individual behavior
change programs.

Upcoming Events and Products

- A comprehensive state plan
- Community/regional collaboratives to
assist in the writing the state plan and to
build community support for the plan
- A Regional Health Promotion Specialist
Network to support the efforts of the
community/ regional collaboratives
- "Physicians on the Move" and "Schools on
the Move" tool kits and pilot programs
- Funding to expand the number of local
"Walkable Community" efforts

Project Period: 2003-2008

Year First Funded: 2003

Funding Stage: Capacity Building

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